

Healthy Aging Support Protocol

Clinical support for promoting healthy inflammatory responses, cellular and mitochondrial health, and muscle tissue preservation through evidence-based lifestyle, dietary, and nutrient interventions.*

Pathophysiology

Maintaining **optimal functional health** is important for achieving healthy aging and requires an integrative approach incorporating physical activity, diet, and lifestyle factors that support healthy inflammatory responses, cellular and mitochondrial health, and muscle tissue preservation. **Physical activity and muscle tone** have been shown to improve body composition¹, metabolic health², and longevity³ by decreasing the risk for cardiovascular, musculoskeletal, and metabolic diseases.⁴ **Muscle health** can improve health outcomes by balancing the distribution of forces within a joint, increasing basal metabolic rate and bone density, reducing body fat and cardiac risk factors, enhancing endothelial function, and promoting cognitive function and psychological well-being.³ **Cellular senescence** refers to a process in which certain cells, after becoming stressed or damaged, may become resistant to apoptosis, undergo irreversible replicative arrest, and have increased metabolic activity.⁵ Cellular health and the body's ability to clear senescent cells may promote healthy aging and mitigate the risk of age-related diseases.⁶ **Mitochondrial health** is another important determinant of healthy aging. Decreased mitochondrial function, increased mitochondrial reactive oxygen species (ROS) production, and increased mitochondrial DNA mutations have been linked to aging-associated disease.⁷ **Inflammation** can also speed up the aging process by weakening the immune system and damaging organs like the liver, lungs, and bone marrow.⁸ Reducing inflammation can further support healthy aging.⁸

Diagnostic Biomarkers and Clinical Indicators

- As determined by the World Health Organization, **healthy aging refers to the ability to maintain functioning that enables well-being in older age.**⁹ Signs an individual may need age-related support may present in any body system; overall clinical evaluation, including a **comprehensive history and physical examination**, may be warranted.⁹
 - Comprehensive metabolic panel, complete blood count, and lipid panel
 - 25-OH vitamin D
 - Inflammatory markers (C-reactive protein and homocysteine)
 - Comprehensive thyroid panel
 - Iron panel
- **Telomere length** (shortened leukocyte telomere length has been associated with certain cardiovascular diseases and age-related changes¹⁰)
- **Designs for Health Genomic Spotlight™**
 - Aging (LRP5, SOD2), structural (COL1A1, LRP5), methylation (MTHFR, CBS), inflammation (HLA-DQA1, HLA-DQA2), and cognition (COMT, APOE) reports
- **Designs for Health Metabolomics Spotlight™** Organic Acids testing
 - Energy metabolism, B vitamins, CNS neurotransmitters and hormones, toxic impact, digestion, and GI microbial metabolites reports

Diet and Nutritional Considerations

- **Whole-foods, anti-inflammatory diet**, with high intake of **fruits, vegetables, and omega-3 fatty acids** (e.g., coldwater fish, walnuts, flax, and chia), and **low intake of omega-6 fatty acids** (i.e., refined vegetable oils and fried food) to support mitochondrial function, metabolic control, and healthy oxidative stress responses^{11,12}
- Advise patients to reduce or limit **refined sugar** intake¹³
- Encourage proper **magnesium (Mg)** intake (e.g., leafy greens, avocado, legumes, nuts, bananas). Mg is an important cofactor for over 300 different enzymes and can support energy metabolism, cognition, cellular health, nerve transmission, and neuromuscular conduction¹⁴
- Recommend **dietary fiber** (at least 25 g/day for women and 38 g/day for men aged 19 to 50, and 21 g/day for women and 30 g/day for men over 50) and **polyphenols** intake to optimize gastrointestinal health¹⁵

Lifestyle Interventions

- Promote **healthy sleep patterns**, as sleep quality is associated with healthy aging¹⁶
- Advise **stress relief strategies**, as prolonged stress is associated with shorter telomere length, inflammation, oxidative stress, and more rapid aging¹⁷
- Recommend a balanced **physical activity routine**¹⁸
- Provide resources for **smoking cessation**¹⁸
- Recommend reducing **alcohol intake**¹⁹
- Reduce **environmental toxins exposure**, as they may promote the accumulation of senescent cells²⁰

Supplement Protocol

Supplementation amounts are based on a 150-pound healthy adult and may be adjusted according to body weight. Practitioners should individualize protocol use by selecting some or all listed products, determining timing of introduction (i.e., all at once or staggered), and guiding duration based on clinical judgment, patient presentation, complaints, and biomarkers.

Product	Amount and Duration	Formula Highlights
Performance Peptides™	4 capsules per day Ongoing as needed	<ul style="list-style-type: none"> Designed to support skeletal muscle growth, strength, retention, and overall muscular performance in aging men and women* Delivers 2.4 g of PeptiStrong™, patented plant-based bioactive peptides derived from the fava bean (<i>Vicia faba</i>) May help maintain a healthy body composition, lean body mass, and basal metabolism*
Senolytic Synergy	2 capsules per day Ongoing as needed	<ul style="list-style-type: none"> Helps attenuate cellular aging by selectively supporting the clearance of senescent cells and promoting a healthy inflammatory response* Formulated to enhance overall cellular health and support healthy aging* Features curcuminoid powder, quercetin, red grape powder, fisetin, and Senactiv® proprietary blend
CellGuard-NR™	2 capsules per day with a meal Ongoing as needed	<ul style="list-style-type: none"> Promotes healthy aging by supporting healthy cellular function, antioxidant status, and healthy inflammatory responses, and the body's normal cellular regeneration and repair* Features nicotinamide riboside chloride (NR), resveratrol as Veri-te™, and pterostilbene NR is a variation of vitamin B3 (niacin) and is a building block to NAD+, which is needed for energy production, gene expression, healthy stress responses, and DNA repair*
Taurine + Glycine	1 scoop per day Ongoing as needed	<ul style="list-style-type: none"> Combines 3 g of taurine and 2 g of glycine per serving to promote foundational health* These amino acids support heart health, antioxidant status, mitochondrial and cellular health, healthy inflammatory responses, and sleep* Adequate taurine and glycine status may decline with age and may be insufficient for those with low protein intake, vegans, or vegetarians*
Progenalen® Pro Peptide	1 capsule per day in the morning Ongoing as needed	<ul style="list-style-type: none"> Novel bioactive peptides designed to support healthy cellular aging, starting with supporting healthy glucose metabolism* May help promote cellular health, healthy fat metabolism, and help maintain healthy cholesterol levels already within the normal range* Powered by cutting-edge bioactive polypeptide technology and the novel ingredient IMG-1®

Optional Support	
Q-Evail® 200 Synergy™ or CoQno1™ 200	To support antioxidant status, healthy energy production, and CoQ10 status, take 1 softgel per day with a meal of Q-Evail® 200 Synergy™ (ubiquinone) <u>or</u> CoQno1™ 200 (ubiquinol).* Both combine the power of CoQ10 and geranylgeraniol (GG). Explore the differences between ubiquinone and ubiquinol (the two forms of CoQ10) to determine the best choice for your patient.
Annatto-E® 300	To promote healthy vitamin E isomer status in order to help support heart, skin, eye, bone, and lung health, take 1 softgel per day of Annatto-E® 300.*
Performance Peptides™ Bar	Performance Peptides™ Bar is a high-protein snack featuring whey protein and PeptiStrong™. It combines indulgent chocolatey salted caramel flavor with purposeful nutrition to support muscle health, endurance, and performance.
Whole Body Trio™	Stack less and do more with Whole Body Trio™ . This travel-friendly, 3-in-1 blend provides creatine monohydrate, collagen peptides, and full-spectrum electrolytes — a combination that supports comprehensive foundational health and athletic performance.* Mix 1 stick pack (13 g) in 16 oz of water per day.

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners ("Practitioners"). This information is intended for Practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing and/or usage instructions should be tailored to the individual needs of the patient considering their medical history and concomitant therapies. This information is not intended for use by consumers.

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference--healthy-aging-support-protocol>

Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT), is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. Mosby-Elsevier; 2008.

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***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**